

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

Jennifer Bennett, LMSW, CDP Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



APRIL 2023

See our newsletter online at: <https://www.avonct.gov/senior-center>



Senior Center Coordinator's Message

Happy April Senior Center Friends! We're so happy to see the beautiful flowers blooming, green grass and warmer weather (hopefully)!

This month, we celebrate our volunteers. Please be sure to thank them when you see all the great things that they do for the senior center. Let them know you care about them! We could not do it without their help and support!

April Days to Celebrate: *Earth Day!!* Earth Day aims to inspire awareness of and appreciation for the earth's environment. *Financial Literacy!* What a great time to take a look at your finances and get organized. Think of it as spring cleaning for your money!

This month, we celebrate Elizabeth! She is the Administrative Secretary of the Senior Center. She will complete her 5th year with us this month! Also, we will celebrate her on April 26th which is Administrative Professionals Day!

Take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend
& Dementia Champion



Love cannot remain by itself -- it has no meaning. Love has to be put into action, and that action is service. **Mother Teresa**
In every community there is work to be done. In every nation there are wounds to heal. In every heart there is the power to do it. **Marianne Williamson**

A Volunteer Appreciation Poem

The key to our success
rests in people like you,
who embody the spirit of greatness
by saying, "Yes I can, and you can, too!"

MyThankYouSite.com

Monday Meals & Minds Program

Monday Meals and Minds is a bi-monthly program with meals served at the Avon Senior Center and an educational and informational opportunity for learning. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE. SIGN UP IS REQUIRED. ****Meals at 12:00 & program at 12:30****

Monday, April 10, 2023

Haiti- Presentation by Intern Carly

Intern Carly will be giving a presentation on Haiti. This is part of her social work education and training.

Monday, April 17, 2023

Medicare Presentation by Aetna

John from Aetna will be here to talk about Medicare.

This program is grant funded through NCAAA (North Central Area Agency on Aging) and is sponsored and hosted by Avon Senior Center.

Stress Awareness Month



UPcoming EVENTS

Please call
860-675-4355
to sign up!

Tech Talk with the Intern April 5, 12, 19 at 10:30 am

Intern Carly will help with your tech questions— computer, phone, tablet, email, etc. This is part of her education and learning as she pursues her BSW at UCONN.

Meals & Minds

Monday, April 10 at 12:00 pm

Monday, April 17 at 12:00 pm

YOU CAN'T MAKE POSITIVE CHOICES FOR THE REST OF YOUR LIFE WITHOUT AN ENVIRONMENT THAT MAKES THOSE CHOICES EASY, NATURAL, AND ENJOYABLE.

-Deepak Chopra

MASTER STRESS

Maintain healthy eating
Avoid social isolation
Stay informed, not obsessed
Talk to others
Engage in mindfulness
Relax, play, exercise

Start journaling
Take deep breaths
Rest and sleep well
Engage in gratitude
Step outside into nature
Seek support from friends, family, and professionals*

NIH National Institutes of Health
Turning Discovery Into Health

GRAB & GO

April 19, 2023
Wednesday
12:30 pm
RSVP required.

Enjoy a delicious FREE Grab & Go Meal.
Please drive up to the front door & we will hand you the meal. We look forward to seeing you!
Sponsored by Avon Senior Center



Favarh Brighter Days-ies

Tuesdays from 9:30-10:30

Join us making beautiful flower arrangements. Drop in, no sign-up necessary.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.



Senior Medicare Patrol
1-800-994-9422
www.smpresource.org

PROTECT, DETECT, REPORT. Help with fraud, errors, abuse, questions, concerns, complaints.

Free Tax Assistance Offered by AARP Tax-Aide at Avon Senior Center

Appointments required, call Avon Senior Center at 860-675-4355.



REDUCE FALL RISKS AND IMPROVE BALANCE!

A Matter of Balance is an award-winning, evidence-based program designed to help you set goals for increasing activity levels, make small changes to reduce fall risks at home and learn ways to exercise to increase strength and balance.



This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Avon Senior Center
March 21- May 9, 2023
Tuesdays 1:30-3:30 pm

Please call Avon Senior Center at 860-675-4355 to sign up or email Jennifer Bennett at: jennett@avonct.gov. This is program is FREE, open to the public, hosted by Avon Senior Center and sponsored by FVHD (Farmington Valley Health District).



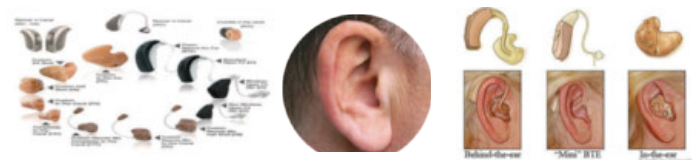
A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2008 This program is based on Fear of Falling: A Matter of Balance. Copyright © 2005. Licensed by Boston University. All rights reserved. Adapted by permission of Boston University.

A Matter of Balance Lay Leader Model Recognized for Innovation and Quality by HealthCare and Aging, 2006; American Society on Aging, A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (2004-2007).

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

Thursday, April 27 from 10-12.



AARP® Real Possibilities Connecticut

AARP® Fraud Watch Network

www.aarp.org/fraudwatchnetwork or 1-877-908-3360

<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

Watch Your Credit Reports: www.annualcreditreport.com or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: www.donotcall.gov or call (888) 382-1222 VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. www.aarp.org/fraudsupport.

The Perfect Scam: www.aarp.org/podcasts/the-perfect-scam

5 Senses WORKfit To Help Manage Stress

1  Sight Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.	2  Smell Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.
3  Taste Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.	4  Touch Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft clothing.
5  Sound Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite song.	

3-13 CARD GROUP

Tuesdays at noon. Join us!
New players welcome.
Easy to learn & fun to play.



Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

Blood Drive
Avon Senior Center
May 22, 10:00-3:00



American Red Cross

Please call 1-800-RED CROSS (1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
(No Class 4/12, 5/10, 5/31)

Fee: \$51.00

Non Resident Fee: \$56.10

April 5-June 14

Senior Fee: \$45.90

Virtual Zumba Gold

Mondays, 5:45-6:45 p.m.
(no class 5/29)

Fee: \$74.00

Non Resident Fee: \$81.40

April 10-June 19

Senior Fee: \$66.60

Zumba Gold

Wednesdays, 5:15-6:15 p.m.
(No Class 4/12, 5/10, 5/31)

Fee: \$61.00

Non Resident Fee: \$67.10

April 5-June 14

Senior Fee: \$54.90

Badminton

Tuesdays, 6:30-8:30 p.m.
(No class 4/4)

Fee: \$48.00

Non Resident Fee: \$52.80

March 14-May 2

Senior Fee: \$43.20

Badminton

Wednesdays, 7:00-9:00 p.m.
Wednesdays, 6:30-8:30 p.m.
(No class 4/12)

Fee: \$48.00

Non Resident Fee: \$52.80

March 15-22

March 29-May 3

Senior Fee: \$43.20

Badminton

Thursdays, 6:30-8:30 p.m.
Fee: \$54.00

Non Resident Fee: \$59.40

March 16-May 4

Senior Fee: \$48.60

Line Dancing

Thursdays, 2:30-3:30 p.m.
Fee: \$77.00

Non Resident Fee: \$84.70

March 23-May 11

Senior Fee: \$69.30

For more information about registering, classes and setting up your account, please visit:

<https://avonct.myrec.com/info/>



Receive Emergency Updates
from the Town of Avon!



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

"Town Alerts" & "Town News and Announcements"

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctaalert>)

Town of Avon Food Pantry and Mobile Foodshare Information



Avon Food Pantry
Church of Saint Ann, Lower Level
289 Arch Road, Corner of Route 167 & Arch Road
The Avon Food Pantry is open
Tuesday mornings from 9:30am - 11:30am
Except when Avon Public Schools are closed for bad weather



Mobile Foodshare

Free produce available to persons in need in the Farmington Valley.
Farmer's market distributes fresh fruits, vegetables, perishables & more.

Alternate Tuesdays – 10:00am - 10:30am

2023 Upcoming Dates

Except when Avon Public Schools are closed for bad weather

January 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 21
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

*****Please bring your own bags!*****

Mobile Foodshare Avon Site:
The Farmington Valley American Muslim Center
35 Harris Road

Foodshare, a United Way Community Investment supported agency, operates Mobile Foodshare in many towns throughout Hartford and Tolland counties. Avon Social Services, City of Avon, and the Avon-Canaan United Way have collaborated with Foodshare to bring Mobile Foodshare to Avon.



A Member of America's Second Harvest
430 Woodland Ave., Springfield, CT 01105-1942
Phone (860) 286-9999 Fax (860) 286-7060
On the web: <http://www.foodshare.org>

For additional information contact: Town of Avon Social Services @ 860-409-4346

Town of Avon Dial-a-Ride Application

https://www.avonct.gov/sites/g/files/vyhlif151f/uploads/dial_a_ride_info_app.pdf

Renters' Rebate Program:

65+ or totally disabled, income \$40,300 or less (single), \$49,100 or less (married), rebate from CT. Filing period April 1 - Oct. 1, 2023. Please call Assessor's Office 860-409-4335.

CT Energy Assistance Programs (heating)

Household meets federal or state income guidelines. Applications accepted till 5/31/23. Please call Avon Social Services at 860-409-4346 to see if you qualify.

Volunteers don't get paid, not because they're worthless, but because they're priceless.

Sherry Anderson

AVON ACES WII BOWLING TEAM!

We would love to have you be a part of our team!
Please contact Avon Senior Center at 860-675-4355.

Unearthing History: The Discovery of a 12,500 year old Paleo-Indian Site Along the Farmington River in Avon, CT

7:00 pm EST via Zoom

Free to attend. Register at www.avonctlibrary.info

2023 series sponsored by a grant from



MARCH 23

The LIDAR Revolution in Earth Surface Mapping, presented by Will Ouimet, Assoc. Professor, Departments of Geosciences and Geography, Univ. of Connecticut. He will explain the techniques used by LIDAR for locating historic human settlements and land use patterns. LIDAR = Light Detection and Ranging using lasers for 3D scanning.

APRIL 20

Hunting and Fishing Techniques of the Paleoindian (tentative title), presented by Richard Boisvert, retired New Hampshire state archeologist, who is very familiar with the discovery and analysis of the Brian D. Jones (BDJ) site and other Paleoindian sites in northern New England.

MAY 11

The Big Importance of Small Things: Microscopic and Blood Residue Analysis of Ancient Stone Tools, presented by Heather M. Rockwell, Assistant Professor of Anthropology and Cultural and Historic Preservation, Noreen Stonor Drexel Cultural and Historic Preservation Program, Salve Regina University. This presentation will examine the process and limitations of blood residue and use-wear analysis, and how they have contributed to our understanding of ancient people.

SEPT. 21

Paleoindian Sites, Site Patterning and Travel Corridors along the Southern Arm of the Champlain Sea, presented by Jess Robinson, Vermont State Archaeologist, Vermont Archaeology Heritage Center, Barre, VT. He will compare and contrast Paleo sites in Vermont with the Brian D. Jones site in Avon.

OCT. 12

Update on the scientific analysis of the Brian D. Jones (BDJ) site in Avon, CT 2019, presented by Eric Heffer, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. His presentation will be 90 minutes with time after for Q&A. October is Archaeology Month in Connecticut!

Watch the webinars from the 2021 and 2022 series on the Avon Library's YouTube Channel:
www.youtube.com/user/afplct

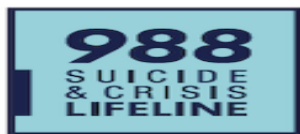
Webinar series created by : Avon Historical Society, Avon Free Public Library, Avon Senior Center



Avon Senior Center
3rd Monday of the month
7:00-8:30 pm



NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential*



988 Suicide & Crisis Lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress.

People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

No one is more cherished in this world than someone who lightens the burden of another. Thank you.

Joseph Addison



Red Cross Home Fire Campaign

Aims to reduce the number of injuries & deaths due to home fires by providing free fire safety education & free smoke alarms. Please call: 877-287-3327 option 1 or visit: www.redcross.org/local/connecticut/home-fire-safety-visit.



E-mail List

Please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 (for experienced players only)

Card Group- Tuesdays at 12:00 p.m.

Scrabble- Tuesdays at 1:00 p.m.

Knitting- Mondays at 1:00 p.m.

Setback- Wed & Fri at 1:00 p.m.

Chess- various

Wii Bowl- Tuesdays at 10 a.m. & various

Beading Group- Thursdays at 12:30 p.m.

Pool/Billiards- various

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. The cost is a suggested \$3.00 donation for persons 60 years of age and over and a mandatory \$9.89 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See menu below:



TUESDAY		THURSDAY	
4	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Florets Dinner Roll Fresh Fruit	6	Beef N Bean Chili w/ Baked Potato Sliced Carrots Oatnut Bread Fresh Fruit
11	American Chop Suey w/ Elbow Pasta Vegetable Medley Wheat Dinner Roll Fresh Fruit	13	Roasted Pork Loin w/ Gravy Rice Pilaf California Vegetables Wheat Bread Mandarin Orange Cup
18	Vegetable Soup Saltines Tuna Salad on Roll Potato Salad Tomatoes & Lettuce Fresh Fruit	20	Orange Juice Roast Beef w/ Gravy Seasoned Potatoes Peas & Diced Carrots Wheat Dinner Roll Frosted Banana Cake
25	Cheese Ravioli w/ Marinara Sauce Parmesan Cheese Italian Vegetables Italian Bread Fresh Fruit	27	BBQ Beef Brisket Macaroni & Cheese Vegetables Whole Wheat Bread Fresh Fruit



Those who can do,
 do. Those who can
 do more, volunteer.
 AUTHOR UNKNOWN

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
Mondays



President & Programs—
Vice President & Cheer— Vivan Pane
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane
Secretary - Marian Hurlbut

Message from the Board of Directors . . .
We wish you a Happy Spring. We look forward to the longer days, spring flowers, outdoor activities, catching up with our friends and neighbors.

The Board is working on planning additional luncheons. Please check this newsletter for updates. We are looking for your feedback on future luncheon programs. Please let us know.

Please consider becoming a member of the Senior Citizens of Avon Organization. Membership is \$10 for the 2023 Season.

Happy Birthday to the following Members:

April 3rd – Mary Bodenburg
April 13th – Carol Griffin
April 15th – Jean Pelletier
April 18th – Jan Beauregard
April 20th – Helen Toth

Helen M. Toth



Do your little bit of good where
you are; its those little bits of
good put together that
overwhelm the world.

Desmond Tutu



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>
Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

"Hope is passion
for what is possible."

- Soren Kierkegaard

The Farmington Valley CT Heritage Network Presents

Lively Lore & Legends: Fact or Fiction?

Bus Tour: Sat., April 29, 2023 / 9:30 am - 3:30 pm / Rain or Shine



Above left: John Brown's famous "pike" (Canton Historical Museum). Above right: Gravestone of Charles Stowell, who "gave his eyes that all who live might see" (West Avon Cemetery; Avon Historical Society).

• Enjoy a comfortable, companionable bus ride • Visit historic sites in Canton, Avon and Unionville • Hear legends and stories of ghosts, crimes, oddities, and war • Enjoy a box lunch at Avon Senior Center

Pre-Tour Lecture: Thurs., April 27 ~ 7 pm ~ Stanley-Whitman House
37 High Street, Farmington | Parking available on site, on the street, and at nearby Barney Library | s-wh.org



Archaeologist Ken Feder presents

"The Avaricious Humour of Designing Englishmen: Land Transactions Between the Tunnix and European Settlers of the Farmington Valley"

Tour admission: \$50 pp (includes bus tour, lunch & pre-tour lecture).
Reservations for the bus tour are required – Please reserve by APRIL 15.
Pre-tour lecture without bus tour is \$5 (payable at the door).

Contact Nancy Anstey at nancy@farmingtonvalleyctheritage.org,
call (860) 680-5298, or go to www.FarmingtonValleyCTHeritage.org

The Farmington Valley CT Heritage Network Presents

"The Avaricious Humour of Designing Englishmen"
A Lecture with Archaeologist & Retired Professor of Anthropology Dr. Ken Feder

Thursday, April 27, 2023 at 7:00 pm



Ken Feder discusses land transactions between the Tunnix and European settlers of the Farmington Valley. His talk sets the stage for FVHN's April 29th bus tour, "Lively Lore & Legend: Fact or Fiction" exploring stories of Avon, Canton & Unionville.

WHERE: Stanley-Whitman House, 37 High St., Farmington (s-wh.org)
Parking on site, on the street and at nearby Barney Library
WHEN: Thursday, April 27, 2023 / 7:00 PM
FEE: \$5 per person (payable in advance or at the door)
INFO: Nancy Anstey at Nancy@FarmingtonValleyCTHeritage.org
or call (860) 680-5298

FarmingtonValleyCTHeritage.org

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Setback 1:00 Crafty Crew 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 1:30 Matter of Balance THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:30 Zumba Gold 7:00 Badminton AARP TAX AIDE 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 2:30 Line Dancing 6:30 Badminton THINKING THURSDAYS 	CLOSED FOR GOOD FRIDAY 
12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 1:30 Matter of Balance 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess AARP TAX AIDE 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 2:30 Line Dancing 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
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Thank You! Volunteers! 	April 	Volunteering is at the very core of being a human. No one has made it through life without someone else's help. <i>Heather French Henry</i> 	SPRING 	In spite of everything, I still believe that people are really good at heart. Anne Frank <i>The Diary of a Young Girl</i> 



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Farmington Valley

Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070
860-651-3539 • farmingtonvalleyvna.org

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- Hospice
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- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

SKILLED NURSING & REHABILITATION CENTERS



Patient-Centered Care

ALWAYS OUR TOP PRIORITY

- ❖ Short-term rehabilitation
- ❖ Long-term care
- ❖ Post-acute & transitional care
- ❖ Respite care
- ❖ Alzheimer's & dementia care
- ❖ Hospice and palliative care
- ❖ Physician & nursing services
- ❖ Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

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Farmington, CT 06032



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CARE WHEN YOU NEED IT MOST.

Urgent Care in Canton

When you need care and your primary care practitioner isn't available, turn to UConn Health Urgent Care in Canton. We provide treatment for many non-life-threatening illnesses and injuries, such as back and neck pain, fractures, sprains, viruses, and infections with no appointment necessary.

With online appointment scheduling and X-ray and laboratory services onsite, it has never been easier to get the care you need when you need it.

117 Albany Turnpike, Canton, CT 06019

Hours: Monday to Friday, 8 a.m. to 8 p.m.

Weekends and Holidays, 9 a.m. to 5 p.m.

health.uconn.edu/urgent-care

**UConn
HEALTH**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Avon Senior Center, Avon, CT

06-5002